

Wellness *news*

body MINDSM

Your Monthly Guide to Good Health

MAINTAINING HEALTHY HABITS—including eating a nutritious diet; participating in regular physical activity; quitting smoking; and taking safety precautions—can go a long way toward ensuring one's health and well-being. Additionally, scheduling regular physical exams and screenings is a vital component of good health. However, research indicates that despite these guidelines many men tend to put off seeking medical attention when they are sick or have health concerns. This is a dangerous tendency because many serious conditions often go undetected until diagnosed by a physician. It is important that men receive the recommended exams and screenings to detect health problems early and prevent them from progressing.

LEADING HEALTH THREATS TO MEN

Cardiovascular disease continues to be the number one killer of men in America. In fact, the American Heart Association reports that the lifetime risk of developing coronary heart disease after age 40 is 49% for men. Heart disease is followed by cancer; unintentional injuries including motor vehicle accidents, falls, and poisonings; stroke; chronic obstructive pulmonary disease; type 2 diabetes; and influenza. The good news is that these leading threats to men are in large part, preventable.

PHYSICAL EXAM AND SCREENING RECOMMENDATIONS

Even healthy adults need to schedule periodic visits with physicians. Why? Regular physical exams provide an opportunity for your doctor to assess risk factors for future conditions, offer guidance for a healthy lifestyle, and update vaccinations. Moreover, it is important to maintain a relationship with a physician so that he or she can assist you in the event of a serious illness. Additionally, age-appropriate screenings are recommended at specific times. Typically, screenings recommended for men include the following:

- Cholesterol
- Blood Pressure
- Colorectal Cancer
- Glucose/Diabetes
- Prostate Cancer
- Skin Cancer
- Depression

It is important to note that men's health concerns generally change with age. Your doctor can recommend an individualized screening timetable based on age as well as risk factors and personal and family health history.

FOR ADDITIONAL INFORMATION REGARDING PHYSICAL EXAMS AND HEALTH SCREENINGS, CONTACT A PHYSICIAN.

MEN TAKE CONTROL OF YOUR HEALTH



PUT YOUR SLEEP PROBLEMS TO REST

Along with regular exercise and a healthful diet, sleep is a key component of good health. Suffering from a lack of adequate sleep can lead to serious illness and injury, depression, problems concentrating, and significant fatigue. Insomnia literally means *no sleep*. According to the National Sleep Foundation, insomnia refers to the inability to get the amount of sleep you as an individual need to wake up feeling rested. Inability to sleep can be a problem in its own right or caused by underlying conditions such as anxiety; stress; pain; digestive problems; or a sleep disorder such as restless legs syndrome or sleep apnea. Insomnia can also be caused by certain medications including those used to treat asthma, heart disease, and thyroid disease. Symptoms of insomnia include: difficulty falling asleep; waking up frequently during the night; difficulty returning to sleep; waking up too early in the morning; unrefreshing sleep; daytime sleepiness; difficulty concentrating; and irritability.

Can't Sleep a Wink?

If you are experiencing trouble sleeping, try keeping a sleep diary that you can share with your doctor. Note your sleep habits and patterns, sleep environment, and specific sleep-related problems. Your physician will likely consider your full medical history and conduct a physical examination. He or she may be able to determine whether there is an underlying cause and diagnose the problem. In some cases, a referral to a sleep specialist may be necessary.

Suggestions for a Good Night's Sleep

The amount of sleep that an individual requires to operate at his or her best differs from person to person. Consider the following tips from the National Sleep Foundation to improve the quality of your sleep.

- Maintain a regular bed and wake-time schedule even on the weekends. Get up at the same time every day, and go to bed at approximately the same time every night. This will strengthen the body's circadian function and help with the onset of sleep at bedtime.
- Establish a relaxing and regular bedtime routine such as taking a hot bath and reading or listening to music. Avoid bright light before bedtime and refrain from arousing activities such as paying bills, working or family problem-solving.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool. Items including blackout shades, eye masks, earplugs, noise machines, humidifiers, and fans can help transform a bright, noisy, or warm room into an environment more appropriate for sleeping.
- Make sure pillows and mattress are supportive and comfortable. Generally, good quality mattresses last for nine or ten years. Additionally, keep the bedroom allergen-free.
- Remove televisions, computers, and work materials from the bedroom. Use your bedroom only for sleep to strengthen the association between bed and sleep.
- Try to get regular exercise, but do not exercise within three hours of your regular bedtime. Regular exercise generally makes it easier to fall asleep and contributes to sounder sleep.
- Refrain from eating or drinking for 2-3 hours before going to bed so that you will be more comfortable at bedtime.
- Consume less or no caffeine, particularly late in the day. Avoiding caffeine for 6-8 hours before bed can improve the quality of sleep for some people. Caffeine is a stimulant and can produce an alerting effect that may disrupt and change the quality of sleep.
- Avoid alcohol, which generally disrupts sleep and leads to awakenings during the night.

If feeling tired affects your daily routine, you may be experiencing a sleep disorder. Consult your physician or a sleep specialist for diagnosis and treatment options.



Lake Health Calendar of Events *August*

Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Fairport Harbor Park, 301 Huntington Beach Park, Fairport Harbor – August 5, 6 – 7 pm or 7 – 8 pm (Kayaking)

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

TriPoint Medical Center – August 7, 9 am - 12 noon
West Medical Center – August 21, 9 am - 12 noon

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Giant Eagle, 7960 Plaza Blvd., Mentor – August 9, 6:30 pm

New Wellness Institute Outpatient Services

Acupuncture

An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, stroke, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

Medical Massage

Medical massage is performed with the intent of improving a health condition. A wide variety of ranges from gentle pressure to penetrating techniques are used to focus the treatment based on the diagnosed condition. Chair relaxation, Swedish, deep tissue, and sports massages are offered.

Reiki

A non-intrusive, ancient, oriental art of hands-on healing that can help reduce pain, illness, and emotional trauma.

For more information and pricing, call The Wellness Institute at 440-375-8153. To schedule an appointment, call Centralized Scheduling at 1-866-652-5253.



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.